

VOORHEES JUNIOR WRESTLING & CHEER

2019-20 Parents Meeting
November 5, 2019



Voorhees Jr Wrestling and Cheer

- Non-Profit, Volunteer Organization
- Entering our 41st season
- Voorhees Jr Wrestling & Cheer Board of Directors
 - Mike Keller – President
 - Kim Tettambel – Vice President
 - Lauren Keller – Treasurer
 - Scott Burfeind – Secretary
 - Eric Hall – Chairman

Program Goals

- Provide the youth in Hunterdon County with the opportunity to learn discipline, self-confidence, and personal sacrifice through the sport of wrestling.
- Develop youth into respectful and talented student-athletes who will be instrumental in continuing the excellence of the Voorhees High School Wrestling team.
- Improve on last year's results.
- Most important – Have fun!

Certified Coaches

- All wrestling coaches are USA Wrestling Certified
 - Background checks
 - Safe Sport training
- All have a Wrestling background

Wrestling Divisions

- Grade School (NJGSWL)
 - 5th -8th grade wrestlers
 - Participates in the New Jersey Grade School Wrestling League (NJGSWL)
 - This is one of the most competitive leagues in NJ
- Coaches
 - Scott Burfeind – Head Coach
 - Moose Cryan – Assistant Coach

Wrestling Divisions

- Midget
 - 2nd – 6th grade wrestlers
 - Participates in the Phillipsburg Area Wrestling League (PAWL)
 - Primary competition team
 - Participates in the Raritan Valley Wrestling Leagues (RVWL)
 - **2018-19 Champions!**
- Coaches
 - JP Bollette – Co-Head Coach
 - Chris Davis – Co-Head Coach
 - Mike Keller – Assistant Coach
 - Rob Cole – Assistant Coach

Wrestling Divisions

- Novice
 - First and second year wrestlers up to 3rd grade
- Coaches
 - Gene Ronkiewicz – Head Coach
 - Shane Burd – Assistant Coach
 - John Patti – Assistant Coach
 - Frank Villani – Assistant Coach
 - Zach Voyce – Assistant Coach

Cheer

- Cheer
 - K – 8th graders
 - Foster an environment that allows youth participants the opportunity to learn cheerleading skills, build individual character, build self-esteem, and engage in our community feeder program for the Voorhees High School – all while having fun in being part of our “Vikings Pride”!
-
- Coaches
 - Sam Weinrich – Head Coach
 - Kim Tettambel – Team Coordinator

Highlights from 2018-19 Season

- **Raritan Valley Wrestling League Champions!!!**
- NJ State Place winners
 - Jack Mosier – 4th place, Intermediate Division – Hwt
- NJ State Qualifiers
 - Reilly, Jack, Logan W, Gavin R
- NJGSWL Place Winners
 - Jack – 2nd place, Logan W – 7th place
- PAWL Place Winners
 - 7 place winners – Austen, Cole, Kyle, Nate, Mason, Matteo, Zak
- RVWL Place Winners
 - 13 place winners – all but 2 boys placed
- Other Tournaments
 - Several boys took home medals (1st-3rd) from different tournaments

Wrestler & Parent Expectations

- Sportsmanship
 - Win or lose, it is expected Voorhees Junior wrestlers will exhibit the qualities of a good sport at all time
 - It is also expected that our parents conduct themselves with class, sportsmanship and respect
- Effort
 - In order to become better wrestlers, it takes effort. We will emphasize proper drilling techniques, as well as conditioning.
- **Be Positive!**
 - Encourage your wrestler no matter the outcome of the match

Wrestler Expectations

- Practice
 - Practices will start promptly at 6pm
 - Shoes on, bathroom break complete
 - Each wrestler must attend practice regularly
 - Please communicate with coaches for planned absences
 - Water bottle for every practice
 - Head gear
 - Be ready to listen and learn
 - Wrestlers only
- Matches
 - Stay on bench when not wrestling or warming up – support your teammates
 - No trips to concession stand
 - No eating on bench during match
 - No electronics

Schedule 2019-20

- Season starts Monday, 11/11
- Practice Schedule
 - Grade School & Midget
 - **Mon & Wed** – 6-8pm; **Fri** – 6-7:30pm
 - Novice
 - **Tue & Thu** – 6-7:30pm
 - Cheer
 - **Tue & Thu** – 6-7:30pm
- Match Schedule
 - Grade School – 17 league matches + non-league tournaments
 - Midget – up to 15 league matches + non-league tournaments
 - Novice – several jamborees and an end of season league tournament
- Team Trip – Feb. 8, 2020
 - Columbia vs. Princeton

New Forms for 2019-20

- Athlete & Parent Code of Conduct
 - Image Consent Form
 - Uniform Deposit
-
- All forms **MUST** be completed and turned in before allowed to compete in matches



The screenshot shows the website for Voorhees Jr Wrestling and Cheer. The header includes a logo of a red and yellow figure, the text "VOORHEES JR WRESTLING AND CHEER", and navigation links: HOME, JR VIKINGS WRESTLING, JR VIKINGS CHEER (highlighted in red), TEAM CENTRAL, DOCUMENTS, and VOLUNTEERS. There are also "REGISTER" and "LOGIN" links in the top right corner. The main content area is titled "IMPORTANT AND HELPFUL DOCUMENTS" and contains the following text: "Below are links to some important documents for the Wrestling and Cheer Programs." followed by a list of links: Image Consent Form, Athlete and Parent Code of Conduct, Wrestling Open House Waiver, Uniform Deposit Form, Concussion Form, and 31st Annual Voorhees Turkey Day Tournament.

Volunteers Needed

- We are a volunteer driven organization!
- During the wrestling season there are many opportunities to contribute to the successful operation of our club
 - Annual Turkey Day Tournament
 - Free T-shirt for volunteers
 - Home matches
 - Road matches
- List of available volunteer opportunities
 - Concessions Coordinator
 - Banquet Director
 - Videographer
 - Mat setup & teardown
- Thanks in advance to all Jr Vikes families for their efforts and support during the upcoming season !

Communication

- Team Snap
 - Schedules, group texts
- Facebook
 - Voorhees Jr. Vikes Wrestling & Cheerleading
- Website – voorheesjrwrestling.com
- Email
 - Mike Keller – michaelekeller@icloud.com
 - Kim Tettambel – kim@tettambel.com
 - Lauren Keller – lekeller@icloud.com
 - Scott Burfeind – theburfeinds@comcast.net

THANK YOU!

